

SPARK AAH

(Matrix Code: **SPARKAAH.00** for StartOver.xyz game.)

DISTINCTION: Creating Possibility for yourself involves a self-image change.

NOTES:

Each of us is [Identified](#) to some degree with our self-image. This is why you may feel scared about, and therefore block against, accessing new [Possibility](#). Learning to [Shift Identity](#) is therefore a core [Possibilitator](#) skill.

EXPERIMENTS:

SPARK000.01 Find a partner. For a full 10 minutes without stopping, consciously brag about who you were in the past. Sense the difference between the 'I' being bragged about from the past and your current 'I' who is consciously doing the bragging. That difference is the identity shift between then and now. To shift into new Possibility for yourself involves an equally big identity-shift from who you are now to who you will become. Now with the same partner, brag for a full 10 minutes about who you have become in the future – the point being to shift you identity now as a way of gaining access to new possibility.

SPARK000.02

SPARK000.03

SPARK000.04